

**FISH FROM OTHER WATER BODIES MAY ALSO CONTAIN MERCURY**

Not all water bodies in California have been tested. With the exception of ocean or river-run salmon or steelhead, which may be consumed more frequently, fish caught from places without an advisory should be eaten in limited amounts.



**CONSIDER THE FISH YOU BUY FROM STORES AND RESTAURANTS**

Women of childbearing age and children can safely eat up to two meals a week of most fish purchased in a store or restaurant. In a week when you eat two meals of fish purchased from stores or restaurants, avoid eating fish caught from a local water body.

The fish from stores or restaurants that generally have some of the lowest levels of mercury are: shrimp, king crab, scallops, farmed catfish, wild ocean salmon, oysters, tilapia, flounder, and sole.

Women of childbearing age and children should not eat shark or swordfish, which contain the most mercury.

2/15/07

# Safe Eating Guidelines for fish from Lake Nacimiento



Mercury in lake water is not a hazard





**San Luis Obispo County  
Public Health Department**

For up to date public health information, call the  
Public Health Information Line at (805) 788-2903

## Advice for Lake Nacimiento



Pregnant women  
Breastfeeding women  
Women of childbearing age  
Children 17 and younger

DO NOT EAT

White bass or any black bass (spotted bass, smallmouth and largemouth bass)  
Catfish, bluegill or other sunfish, carp, crappie



Men  
Women beyond childbearing age

EAT IN MODERATION  
No more than 1 meal a week

Catfish, bluegill or other sunfish, carp, crappie

DO NOT EAT

White bass or any black bass (spotted bass, smallmouth and largemouth bass)

## Fish Tested for Mercury at Lake Nacimiento



**White Bass**



**Spotted Bass**



**Crappie**



**Bluegill**



**Carp**



**Catfish**

Fish from all parts of Lake Nacimiento contain elevated levels of mercury.

Mercury is a metal that can be harmful to the human nervous system.

Because it can affect development, mercury is of main concern for children and women who are pregnant or may become pregnant.